We Claim:

1. A rail having an elongated body of extruded cellular material, said rail body comprising:

a center face;

a perimeter face that is oppositely disposed on said body from said center face;

an exterior lateral surface that extends between said center face and said perimeter face;

an interior lateral surface that is oppositely disposed on said body from said exterior lateral surface;

an internal passageway that is located between said center face and said perimeter face and that also is located between said exterior lateral surface and said interior surface;

a slot in said center face, said slot providing a pathway between said center face and said internal passageway such that water collecting on said center face can flow through said slot to said internal passageway; and

at least one boring having one opening in said perimeter face and another opening in said internal passageway such that water collecting in said internal passageway can flow from said internal passageway through said boring to the perimeter face of said body.

2. The rail body of Claim 1 and further comprising:

a reinforcing member that is located in the passageway of said body to strengthen said member.

3 The rail body of Claim 2 further comprising:

a tower that is joined at the center face of said body, said tower also being located adjacent to the interior lateral surface of said body.

4. The rail body of Claim 3 further comprising:

a pocket that is located in the center face of said body and laterally between the external lateral surface and said slot in said center face.

5. The rail body of Claim 4 wherein said pocket is for receiving a glazing bead.

6. A window sash comprising:

a. four rails, each of said rails having an elongated solid body with first and second longitudinal ends, each of said first and second longitudinal ends being connected to a longitudinal end of another of said four rails to define a rectangular frame, the elongated body of each of said rails defining:

a center face;

a perimeter face that is oppositely disposed on said body from said center face;

an exterior lateral surface that extends between said center face and said perimeter face;

an interior lateral surface that is oppositely disposed on said body from said exterior lateral surface;

an internal passageway that is located between said center face and said perimeter face and that also is located between said exterior lateral surface and said interior lateral surface;

a slot that is located in said center surface, said slot forming a pathway between said center face and said internal passageway such that water collecting on said center face can flow through said slot to said internal passageway; and

at least one boring having one opening in said perimeter face and another opening in said internal passageway such that water collecting in said internal passageway can flow from said internal passageway through said boring to the perimeter face of said body;

b. a reinforcing member that is located in the passageway of said body to strengthen said member;

c. first and second site panels that are located within the rectangular frame that is formed by said rails;

d. a spacer for separating the site panels from each other; and

e. four glazing beads, each of said glazing beads engaging the glazing pocket of a respective one of said four rails, said glazing bead urging said site panels and said spacer against said body to secure said site panels and said spacer to said body.

7. The rail body of Claim 6 and further comprising:

a reinforcing member that is located in the passageway of said body to strengthen said member.

8. The rail body of Claim 7 further comprising:

a tower that is joined at the center face of said body and also being located adjacent to the interior lateral surface of said body.

9. The rail body of Claim 8 wherein said glazing bead urges said site panels and said spacer against said tower.

10. The frame member of Claim 6 wherein said body is comprised of polyvinylchloride foam.